

# Indoor Physical Activities

**If the weather is bad or you prefer the indoors, there are still lots of physical activities you can do.**

- Put on some music and dance.
- Do strength exercises at home using items such as water bottles and canned foods as dumbbells.
- Walk around the mall (most open early for walkers).
- Do chair stretches (ask your *MOVE!* team for a sample handout).
- Exercise to a TV program.
- Borrow an exercise video from the library or a friend (examples include chair dancing, step walking, beginner aerobics).
- Go to a gym or recreation center (join the YMCA).
- Get involved with fitness activities at a local community center or senior center.
- Too hot outside...take a swim at an indoor pool.
- Take a water aerobics class.
- Look for sales or visit second hand stores for used exercise equipment.
- Do indoor activities such as racquetball, tennis, roller-skating, bowling, etc. at a sports center/gym.



Ask your *MOVE!* team for more information on stretch and flexibility activities as well as strength exercises.

